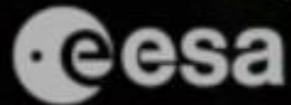


Physical Mind London

HIFIm: Benefits for Astronauts and Earthlings

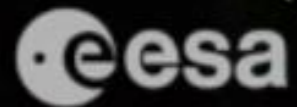
John Kennett CEO



- Current exercise countermeasures on the International Space Station
- Challenges for the next generation of exercise countermeasures
- Introducing HIFIm
- From space to Earth

Physical Mind
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Deconditioning in Space



Losses in:

- Bone mineral density
- Aerobic capacity
- Muscle mass
- Muscle strength
- And so on...

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Current CM Exercise on ISS



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Current CM Exercise on ISS



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Challenges for the next generation of countermeasures

- Small volume
- multi-exercise
- quick to set up
- quick to de-rig
- condense training programmes
- Vibration isolation

HIFIm

High Frequency Impulse for Microgravity



Physical Mind
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HIFIm

High Frequency Impulse for Microgravity



Physical Mind
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HIFIm

High Frequency Impulse for Microgravity

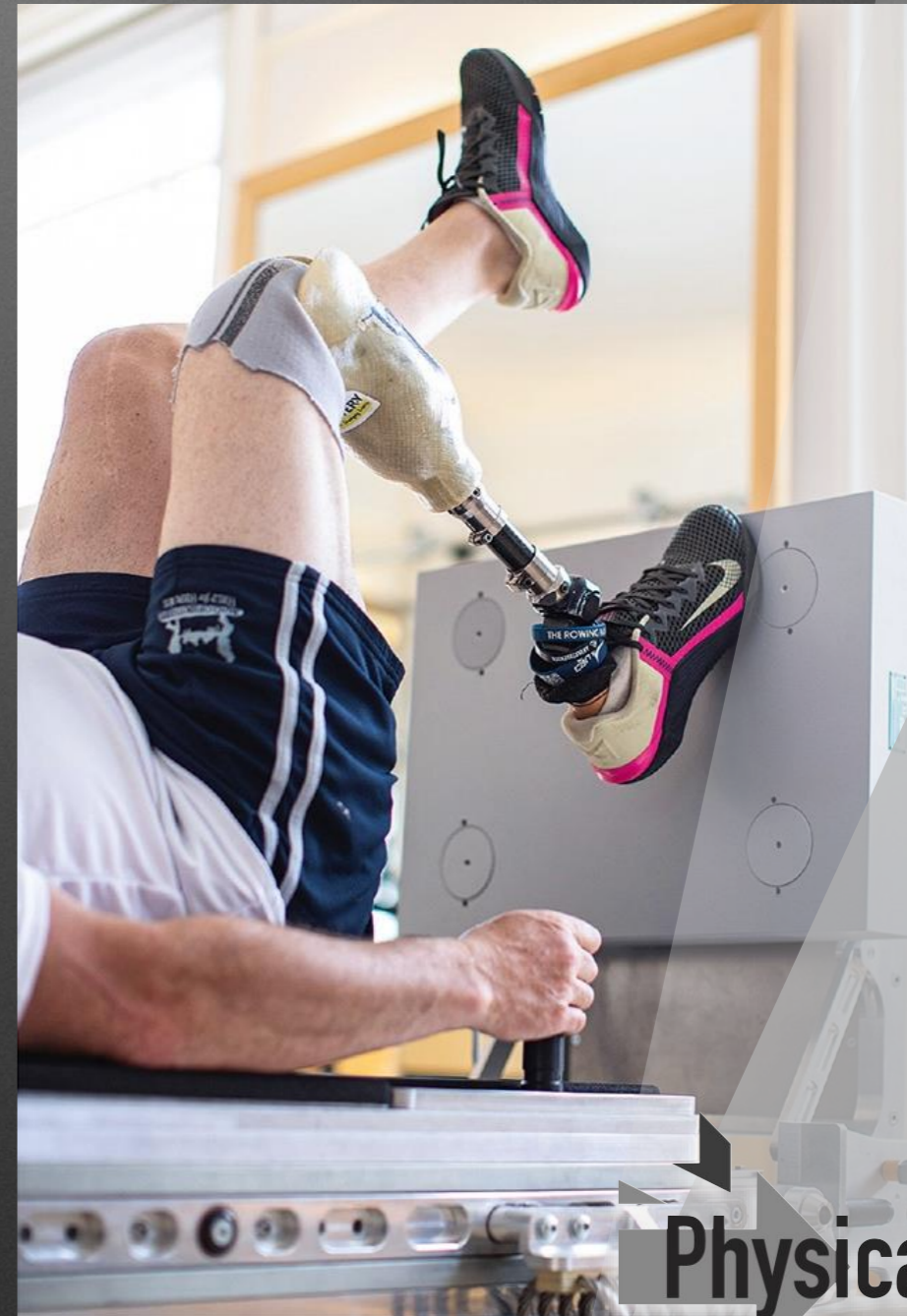


10

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HIFIm space to Earth

Working with Amputees



HIFIm space to Earth

Working with Amputees



- Improve bone mineral density (localised)
- Build muscle mass
- Condition stump/ prosthetic junction

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HIFIm space to Earth

Working with Amputees



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HIFIm space to Earth

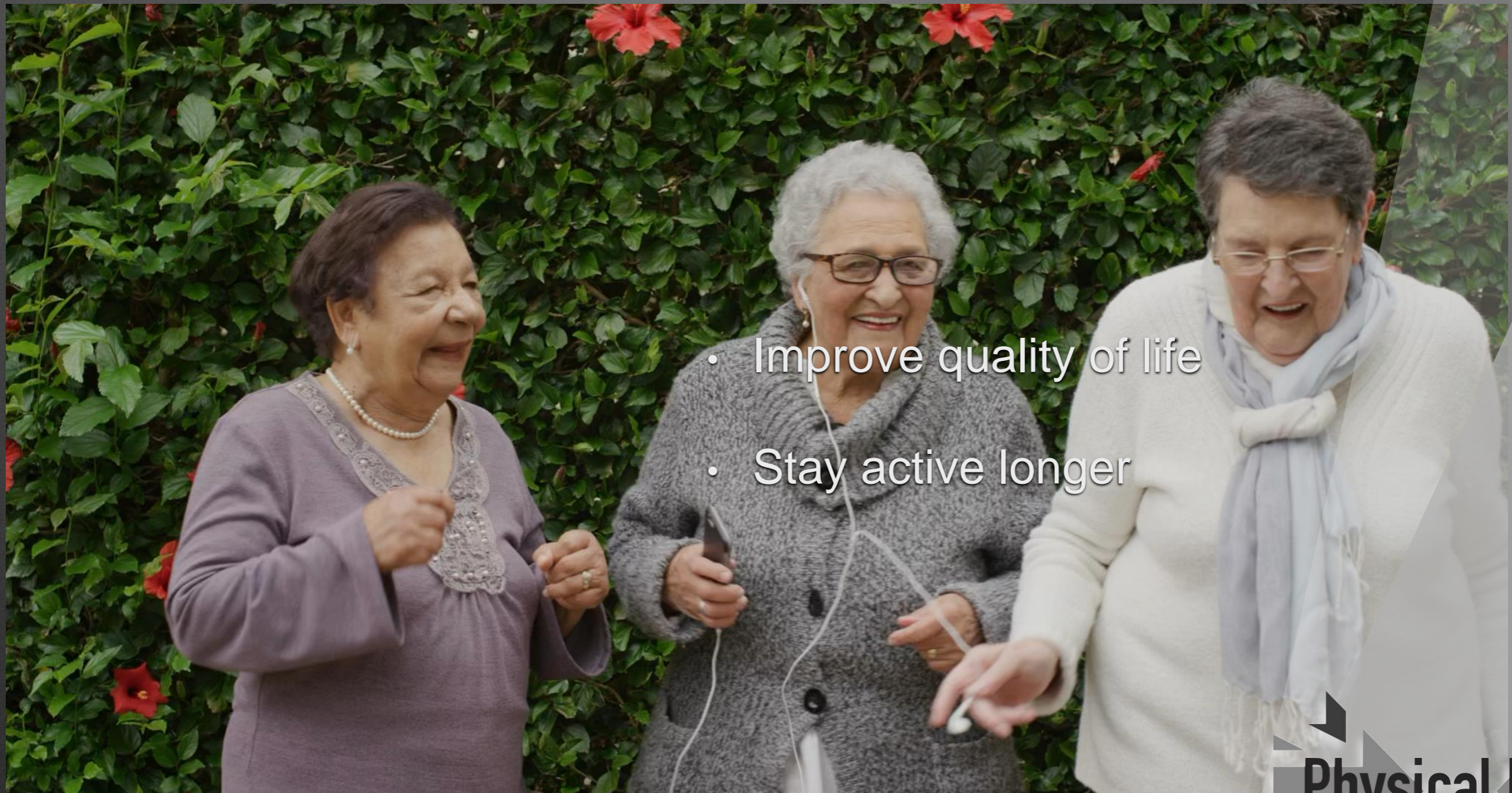
Osteoporosis and muscle mass

- Administer a dosage of exercise safely
- Build bone mineral density
- Increase muscle mass
- Reduce fall risk
- Reduce hospital admissions

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HIFIm space to Earth

Osteoporosis and muscle mass



- Improve quality of life
- Stay active longer

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Physical Mind London

High Frequency Impulse for Microgravity



• email@physicalmind.london

• www.physicalmind.london

Thank you!

